



MY GOAL

UNPLUGGED WEEKEND

A challenge to spend an entire weekend fully unplugged to reconnect.

CHALLENGE DETAILS: Choose the weekend, then go fully unplugged. Put your phone away. Resist the urge to check social media. Focus on the truly priceless things the entire weekend.

SUGGESTED GOAL PAIRINGS: Love Languages - Zip It Challenge - Family Dinners

UNPLUGGED WEEKEND	
DATE OF UNPLUGGED WEEKEND:	
	Yes, I successfully unplugged the entire weekend!!!!
What this challenge taught me:	